

AUSTIN G. HAYES, M.D.
Board-Certified Plastic Surgeon
(503) 748-0069

Postoperative Instructions – Abdominoplasty

Be certain to read these instructions carefully prior to your surgery and follow them closely.

MEDICATIONS

Have all medications prescribed by Dr. Hayes filled prior to your surgery date.

The following medication(s) should be purchased over-the-counter and take regularly:

Miralax 17g	Once daily	x 5-7 days	STOOL SOFTENER
Tylenol 325-650mg	Every 4 Hours as needed	x 5-7 days	PAIN CONTROL

IMMEDIATELY AFTER SURGERY

- **First the first 10 days, stay flexed at your hips at least 45 degrees at all times (awake and sleeping). More than 45 degrees is okay, but NOT less.**
- Pain Meds: Take Tylenol regularly and Oxycodone as needed for pain control. Do NOT take ketorolac until cleared by Dr. Hayes.
- Do NOT apply ice to surgical area. The risk of frostbite is too high.

GENERAL INSTRUCTIONS

- **Walk hourly during the day for 5 min each time.**
- **Stay hydrated. Drink plenty of water or electrolytes.**
- **First the first 10 days, stay flexed at your hips at ~45 degrees (awake and sleeping).** After ten days you can slowly stand more upright.
- Contact Dr. Hayes immediately should you develop any sudden pain, swelling, or fever.
- No garment/girdle should be used until you are cleared by Dr. Hayes. Wear your surgical binder (provided on the day of surgery) “loosely” for comfort. It’s okay to remove if desired.
- **Keep a record of daily drain outputs. Bring daily record to all postoperative visits.**
- Do NOT drive if taking Oxycodone (narcotic pain medicine).

ACTIVITIES

- You have just undergone a major surgical operation. The only activity permitted for the first six weeks is walking, which you should do hourly during the day (7 days).
- Wear compression stockings 24 hours per day (7 days), except to shower.
- Full cardio and chest exercises after 6 weeks.
- Do not drive if you are taking any pain medications or muscle relaxants.

INCISION CARE

- You may shower anytime after surgery. The band-aids can get wet. Clip your drain to a lanyard placed around your neck.
- No tub soaking or swimming until cleared by Dr. Hayes.
- Inspect the incisions daily for signs of infection (redness).
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, and keep incisions covered. If sun exposure is unavoidable use sunscreen with SPF 30 or greater. Put sunblock on incisions, and allow it to dry, BEFORE putting on your swimsuit.

APPEARANCE

- Swelling will be greatest on the third postoperative day.
- Scars can be reddened for up to 6 months, after which point they will fade and soften.
- Some bruising can occur after your procedure, but the degree varies from patient to patient.

WHEN TO CALL

- If you have increased swelling or bruising.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have chest pain, shortness or breath, or leg swelling.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have any concerns.

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS: 503-748-0069